

HE pictures on this page, illus- sort of fatigue and pain for purposes trating forms of self-torture, "mortification of the flesh," as practised by East Indian yogis and

fakirs, and the descriptive article accompanying them, by the Rev. W. M. Zumbro, form the leading feature in the December number of the National Geographic Magazine. Illustrations of this curlous relig-

ious custom-which is abused for gain by beggars and "fakirs" in India-are familiar to most persons in connection with descriptions of life in that strange land whose scenes and characters, entering into the best work of Rudyard Kipling, made that author famous.

The occasion for these subjections of the body to all sorts of torturesby actual religious devotees-is concisely described by Mr. Zumbro in these words:

"Heaven is established on the air, the air on the earth, the earth on the waters, the waters on truth, the truth on the mystic lore (of the sacrifice) and that on Tapas (penance or selfmortification).

There is no doubt that the "holy men" of the East practise these tortures of their own bodies, and for the reason just quoted. There also is no doubt that they are greatly out-numbered by the "fakirs." who cultivate the ability to bear the same

natural thorns are not always available, the Indian ascetics have invented a substitute even more cruel. This is a portable "bed of thorns." of a surface Photostuffed with sharpened iron spikes. The penitent, nearly nude, stretches out his body on these graphs Page from THE sharp points and lies thus for hours at a time, "acquiring merit" and holiness, and gaining the admira-tion of all beholders. The fact is, that the spikes are driven so closely NATIONAL GEO-GRAPHIC MAGAZINE, together that the weight of the body is well distributed, and the punctures, therefore, rarely more than skin deep. Moreover, especially in the case of the fakirs, the heavy

gars mere child's play.

by thorns being regarded as particu-

larly efficacious-was imported into

the West by St. Benedict, founder

of Occidental monasticism. This

was his own favorite form of

In India the highest form of holf-

ness is inseparable from the com-

pletest possible asceticism-all the

desires of Nature and the flesh must

be subdued. Starvation to the point

of death is not enough; the body must be subjected systematically to all the pain it is able to endure and retain life.

Upon occasions of great religious g: therings—where pilgrims congre-gate by tens of throusands—fanatic

religionists vie with one another in demonstrations of their ability to

endure self-torture. As tangles of

wooden pillow placed under the shoulders.
All of the "thorn" forms of selftorture are derived from the legend of Bishma, whose entire body was penetrated by the arrows of the when he toppled from his chariot he was upheld from the ground by the arrows, so that he lay on a couch of darts. The early Christian adaptation of this method of doing penance, of course, was

weight of the upper part of the body is held off the "thorns" by a sort of

"Perfect Peace" derived from the crown of thorns placed on the brow of our Saviour. Whichever the motive, several The East Indian ascetic usually favorite forms of this "mortifica-

Being Strung from

Poles by Hooks

Through the Muscles

Self-Inflicted Religious Punishment

Living on Beds of Thorns and Wires,

Which Include Being Buried Alive,

accompanies his profound contemtion of the flesh make the simulated plation upon holy matters by some ulcers, consumptive coughs, paraform of self-mortification. A falyzed limbs and club feet of East vorite practise is to sit on the Side New York professional begground for days, weeks and months, holding one arm high in the air. Neither are these exceedingly To be really successful in this act of devotion the arm must be so tropical sun, surrounded by blazing painful forms of penance confined to the mysterious East. The peniand it can never again be held tential act of lying nearly nude upon thorns, for example-torture otherwise.

aid of a cunning mechanism which holy temple or tomb. supports the arm in the desired poproduces another much-desired reing, and frequently embedding their points in the palm.

A profoundly admired variation of appears on a holy pilgrimage with both hands, palms together, in the attitude of prayer, behind his head, stiffened joints.

penance on the part of those who shrink from actual mutilations of the flesh. It is necessary that the the flesh. It is necessary that the ledy, in a standing position, shall be enveloped in the earth, all but the mouth and nostrils. Food, drink and air can be taken, but in other respects the body might as well be in the grave.

The ingenuity of these East Indian ascetics is taxed to find forms of self-torture more difficult to endure than the old ones. Young and lusty penitents slash themselves with knives in a most horrible fashion. Others have strong iron hooks thrust through the skin and under the broad muscles of the back, and allow their bodies to be thus suspended in midair upon poles for hours at a time, all the weight be ing borne by the muscles grappled y the hooks.

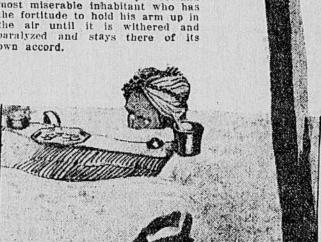
Devotces are seen through the streets holding aloft in their bare hands earthen vessels filled with live coals. Others sit all day in the fierce glare of an almost "The Bed of Thorns"-Sitting and Lying Upon the Points of In-numerable Iron Spikes Is Con-sidered Very Efficacious in Subduing Earthly Desires.

held until it withers, its joints stiffen, fires. Still others lie at length upon the ground and roll over and over until they have in this way Beggars accomplish this with the accomplished the circuit of some

Women, and even babies, are not sition until it atrophies and will re- exempt from these practises. Chilmain there of necessity. The suc- dren of one and two years of age cessful performance of this feat are frequently seen lying naked in a bed of sharp thorns. The child sult; the nails of the upraised hand that makes the least objection to grow to an enormous length, cury. this kind of treatment is marked for exceptional holiness in its adult existence.

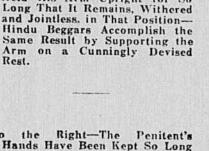
Hindu ascetics take a very practhis act of penitential self-torture tical view of the value of these toris accomplished when the devotee tures they practise upon themselves They regard them in the light of "making deposits in the Bank of Heaven. By degrees an enormous held permanently in that position credit is accumulated, which enables by their paralyzed muscles and the depositor to draw the amount of his savings without fear of his drafts being refused payment. The To submit oneself to remaining buried alive for weeks at a time is regarded as an admirable act of as men are equally at the mercy of as men are equally at the mercy of these all but omnipotent ascetics."

Thus, not even the Rockefellers of India are able to entirely crush and subjugate even the poorest and most miserable inhabitant who has the fortitude to hold his arm up in the air until it is withered and paralyzed and stays there of its own accord.

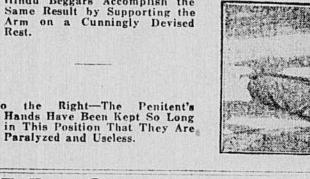


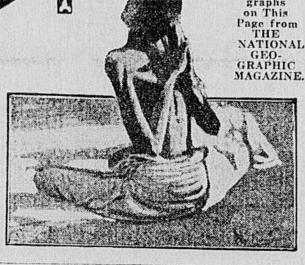
Here a Devotee Is Having Iron Hooks Thrust Un-der the Muscles of His Back, to Sustain Weight When S

posits in the Bank of Heaven" Are Made by Re-maining Buried to the Mouth for Weeks at a



Showing an Aged Patient Who Has Held His Arm Upright for So





# My Secrets of Beauty--How to Improve Your Nose--By Mme. Lina Cavalieri Yet another remedy is to bathe it your face baths two-fold ones. First using almond meal or oatmeal in

The Most Famous Living Beauty. EAUTY is beset by enemies.

It is not enough to have good features. They must be cared for and protected against their foes. It is curious but true that there is always a tendency away from beauty. We must lead beauty back, as it were, into right paths.

### The Last Straw.

With a look of extreme disgust on his face, old Farmer Glies looked out from the train on the outskirts of London, which he was visiting for the

first time.

Neither did he approve of the appearance of a lady who had got into the carriage a few stations back, and, altogether, he was in a very grumpy state of mind.

As the train neared the terminus it passed a factory of some sort which sent an appalling and altogether overpowering oder in at the carriage window.

The farmer who had been observ-

The farmer who had been observing the crowded buildings on either side of the line, turned sharply round and behold the lidy holding a smelling-bottle to her nose. This was too much! With his face muffled in an enormous red handkerchief, he lean:

across to her.

"Madam," he shouted, choking with wrath and the smell from the factory, "for goodness' sake put the cork back in that bottle again!"

### Grandmother's Will.

"Well, old fellow, I hear that your grandmother is dead." "Yes, she died yesterday," replied the old fellow, somewhat sadly, "It is the way of the world. We must all die some time, and the old lady was well advanced in years."

"She left a will and testament?"

"Yes," he replied, and the tears Besides its tendency to slowly "Yes," he replied, and the tears alter its shape the nose has three

biessed with a straight one, perfeetly proportioned in its relation to the face. Very well, but there is no certainty that all will remain very well. The nose must have its care as scrupulous as that the good gardener gives to his garden. I repeat that there is always a vexing tendency away from beauty. This is manifest in the nose, which is, in the matter of its beauty, no more stationary than pleasant states of life. f your nose is straight and delicate, its tendency, especially as you grow older, is to grow too thin and sharp.
If it is delightfully retrousse in youth it soon manifests a spreading motive. It is your task to correct these habits of the most promineat feature. Pinching is good for the nose if it be very delicately

The nose will not bear hard usage. The nose that is "mauled" grows permanently red and coarse. Many a mother gives her child an ill-shaped nose by her use of the handkerchief. Pinch the point lightly, but often, if your nose be broadening at the point. If it be broad at the bridge the flesh can be delicately coaxed downward by the same slight but persistent pinching. If the nose is obstinately broad the most drastic remedy is the nose clamp. Expensive ones are manufactured in Paris and this country, constructed of metal and lined with velvet. But a very good and cheap household substitute is the clothespin. Press this upon the nose often, but do not leave it long, lest it inflame and redden the feature. If the nose be too small specialists have improved the "Oh. yes, she left a will and testament?"
"Oh. yes, she left a will and testament." still more sadly.
"You were always a favorite of hers. Your name was mentioned, of hers. Your name was mentioned, of the nose more into relief.

Besides its tendency to slowly

began to stream down his cheeks, "my alter its shape the nose has three name was mentioned. I'm to have the chief enemies. They are glistening,

and long, obtrusive hairs.

Redness of the nose can be traced usually to one of two bad habitseither that of wearing clothes too tight or overindulgence in rich food or strong drink. Change your habits or eating and dressing and you should not be long troubled by redness of the nose. Occasionally it is a symptom of oversensitiveness of the tiny blood vessels in the nose. In that case bathe the nose often with a piece of linen or absorbent cotton dipped into borax water made

If the redness is caused by sun-burn, pressing a half lemon against it should after a few applications reduce its redundant color.

"The nose clamp for a too broad nose can be

improvised from a clothes pin."

often in hot water. If the nose has the mirror-like hablt of shining bathe it every night with camphor water. Cornmeal should be used instead of

Blackheads will not appear if you are careful to remove the dust thoroughly from the face at night. If you have neglected this and permitted the pores to become choked and darkened apply cloths heated in vinegar. When they are softened gently press them out, with a needle applied sidewise. To prevent the pores thus rudely opened to force out the contents pat a little alcohol upon each pore to close it. Remember that neglect of blackheads means enlarged pores and the cure is almost as ugly as the remedy. So prevent the blackheads by keeping the skin free from dust. To do this make

remove the dust by bathing the face stead of soap. in cold cream or oil and removing

G. J. inquires: "Will you kindly advise me what would be good to whiten hands in Summer and Winter? My hands are always red and my nose is not a white."

After Company with the state of t my nose is never white.' For the hands try the various remedies that follow and see which more speedily bleaches the hands.

Then keep to that: Six drops of tincture of benzoin to a bowlful of tepid water in which

you wash your hands. Six drops of liquid ammonia to the same quantity of water.

Half a teaspoonful of lemon juice in the same quantity of water.

"Pinch very lightly the end of the nose to correct a spreading tip. Copyright, 1914, by the Star Company. Great Britain Rights Reserved.

the dust it collects with cotton or not so roughly as to cause you to cloth. Then bathe it in warm water, "make faces" and so make wrinkles. Beauty Questions Answered

## After drying the hands use this

Glycerine ......1 oz. Lemon juice.....1 oz.
Rub these thoroughly into the A red nose, according to most

medical authorities, is a sign of indigestion. It means that waste matter is being retained in the system and is poisoning it, as the water from a green scum-covered swamp polsons the fresh, clean water with which it mingles. In a few weeks plain food, much water drinking and out-of-door exercise should cause the flush to fade from your nose. I need hardly say to such an intelligent girl as G. J. seems to be that alcoholism causes the nose to redden.

water on the face after its bath, but

Dash cool, not cold,

A. J. G. writes: "Is there anything you can recommend for removing superfluous hair from my arms? Even if it only removes it for a while, as my arms are simply covered with hair and it prevents my wearing short sleeves."

### Observant.

"Be observant, my son, said Willie's father. "Cultivate the habit of seeing and you will be a successful man." "Yes," added his uncle. "Don't go through the world blindly. Learn to use your eyes."

"Little boys who are observing

know a great deal more than those who are not," his aunt put in.
Willie took this advice to heart.
Next day he informed his mother that he had been observing things.
"Uncle's got a bottle of whiskey hidden in his trunk," he said; "Aunt Jane's got an extra set of teeth in her drawer, and father's got a pack of cards behind the books in his desk!"
"The little sneak!" exclaimed the "The little sneak!" exclaimed the members of the family indicated.

Bathe your arms every night and morning in peroxide of hydrogen. This will bleach the hair and weaken it. Eventually it should so weaken the roots that the hair will fall. Unless your hair is of unusually sturdy constitution it will not resist persistent treatment of this kind.

### Almost Human.

There was only one possible ex-planation. Either Bill, the butcher boy, had not a nodding acquaintance with the elementary laws of horsemanship, or else the horse was a reg-ular brute.

With its cars well back, it would

With its ears well back, it would trot along for a few yards and stop dead; then, without any warning, start off again, only to stop once more a little further on. The wretched Bill, having had two solid hours of this, was almost delirious.

"Hallo, my boy," cried out an interested spectator. "What do you keep pulling that horse up for? Are you scared of it?"

"Scared of it—pullin' it up?" answered the almost tearful youth. "Whatcher take me for?"

"Well, something's wrong with the horse," persisted the stranger.

"You're right there," said Bill heartily. "But I ain't got nothin' to do with it. Truth is, the beast is so afraid that I shall say 'Whoa!' and he won't hear me and he keeps stoppin' to listen! See?"

### Tommy's Invitation.

Little Willie wanted a birthday party, to which his mother consented, provided he asked his little friend Tommy. The boys had had trouble, but, rather than not have the party, Willie promised his mother to invite Tommy.

On the evening of the party, when On the evening of the party, when all the small guests had arrived except Tommy, the mother became suspiciously and sought her son.

"Willie," she said, "did you invite Tommy to your party to-night?"

"Yes, mother."

"And did he say he would not come?"

come?" "No," explained Wille. "I invited him all right, but I dared him to come."

